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HALL OF FAMERS
FORMER NHLERS TOOK DIFFERENT PATHS TO PINNACLE OF SPORT {page 41}

WORST PLACE TO BE A WOMAN
MANY ARE FLEEING VACATIONER'S IDYLL DUE TO DOMESTIC VIOLENCE
{page 8}

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Post-grads

Life after Hogwarts

Cast of Harry Potter films take a bow as final movie released on DVD, Blu-Ray {page 25}

Smoking hot runner

Former two-packs-a-day smoker is now an ultra marathoner {page 30}

▶ LMFAO wiggled their way around the MuchMusic studio before sitting down to chat with host Phoebe Dykstra yesterday in Toronto. The Los Angeles-based hipsters are riding a lunging wave of global popularity, powered by their latest hit Sexy and I Know It. The single has dominated charts around the world, and their "sexy" video (featuring the two of them dressed as they are here) is on track to becoming one of the most watched vids of the year.

COURTESY OF MUCHMUSIC

Party-rocking duo sexy and they know it

Pill linked to prostate-cancer risk

Toronto researchers say link may be in estrogen exposure ◗ Byproducts of contraceptive can end up in water

There are more cases of prostate cancer in parts of the world where there is greater use of the birth-control pill, and Toronto scientists who made the discovery are now starting to investigate whether the water supply is the culprit.

"Why is prostate cancer so prevalent in our society and the so-called Western world and less common in places like Asia?" asked lead researcher Dr. Neil Fleshner, head of urology at the University Health Network.

The study, published online yesterday in the British Medical Journal, notes that prostate cancer is the most common cancer in the developed world and the use of oral contraceptives has soared over the past 40 years.

The research team's calculations showed a significant association between use of the pill and incidents of prostate cancer.

The study points out that other research has suggested estrogen exposure may boost the risk of prostate cancer. It is thought that widespread use of the pill might raise environmental levels of endocrine-disruptive compounds, which include byproducts of oral-contraceptive metabolism. These don't break down easily and so can be passed into urine and end up in the drinking-water supply or the food chain, exposing the general population, the study says. TORSTAR NEWS SERVICE

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Spike in tow truck rates delayed

A big increase in tow truck rates has been put off until at least next spring after a city council committee decided it wants a wide-ranging study of the issue.

City staff are proposing accident tows be increased to $229 plus $107 if winching is required, for a total of $336. The current charge is either $166 or $188.

The insurance industry doesn't recommend introducing a special charge for winching, because it could end up on the bill even if the service wasn't required.

"We noticed a change in the city of Mississauga once they allowed this approximately a year ago in that almost every bill that was submitted to us had a winching charge on it," said Mark Lockwood of RBC General Insurance.

Council's licensing and standards committee postponed any increase until after the city has consulted with affected parties, including tow truck operators, insurers, police and other jurisdictions.

TORSTAR NEWS SERVICE

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ A tow truck waits for customers on Highway 401.

City wants $123M for child care

- It is unclear if daycare spots could be closed as early as 2012
- Province willing to talk: Minister

The City of Toronto needs the provincial government to kick in an additional $74.4 million in funding or more than 2,000 daycare spaces will need to closed, the mayor's task force on child care has found.

And that's only a band-aid solution, said chair and councillor Giorgio Mammoliti.

To completely stabilize the system, the city would need $123 million to adjust for an increase in the cost of living and pay for thousands of unfunded spaces that the city is currently subsidizing.

"This is not an issue that the City of Toronto can solve locally. This is a situation created by the province and is one that can only be resolved by the province," said Mammoliti.

"I think (Mammoliti's) out of touch with families and I don't know that he knows the history of this file that well."

EDUCATION MINISTER LAUREL BROTEN

Education minister Laurel Broten said the province is willing to talk with the city, but that significant investments are already being made in that area.

"What's surprising to me is that when Mayor Ford met with Premier (Dalton) McGuinty in advance of the election he made it clear that he was not looking for additional funding and now we're hearing from the city that they are," said Broten.

The province already provides the city $262 million in child care funding and at the moment, ministry officials are focused on implementing all-day kindergarten across Ontario by 2014.

"All-day kindergarten will transform lives. It will concretely save families up to $6,500 a year," she said. "File that well."

The mayor named Mammoliti, a trusted ally on council and a former MPP, as chair of the task force back in July.

TORSTAR NEWS SERVICE

TARA WALTON/ TORSTAR NEWS SERVICE

▶ Coun. Giorgio Mammoliti gestures last September during council's budget vote. Mayor Rob Ford named Mammoliti, a trusted ally on council and a former MPP, as chair of his child care task force back in July.

1 news

In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan the code.

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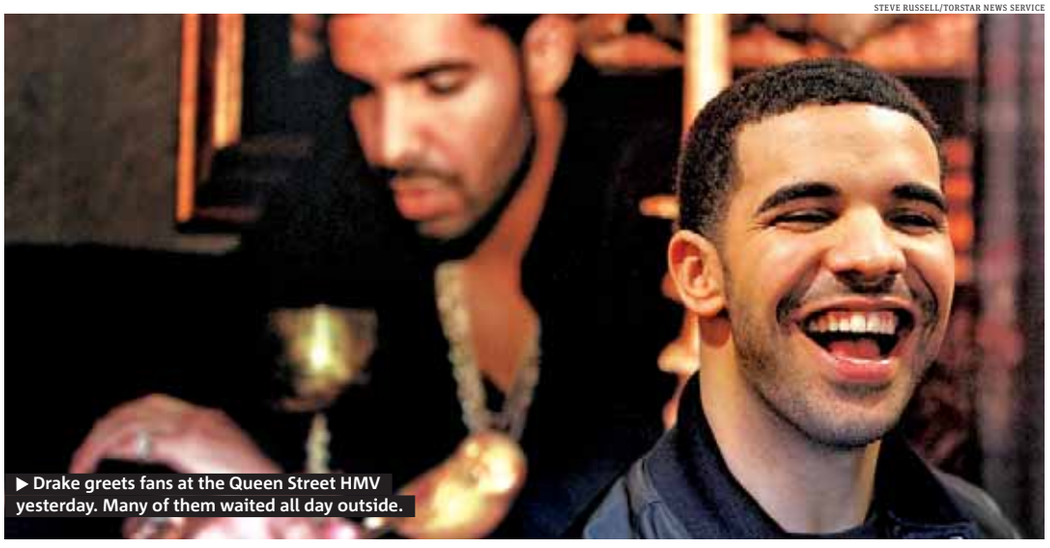
Fans flock to see Drake

New album, Take Care, was set to be released today but leaked Sunday

STEVE RUSSELL/TORSTAR NEWS SERVICE



▶ Drake greets fans at the Queen Street HMV yesterday. Many of them waited all day outside.

They'll do anything to get a chance to see Drake ... even if it means getting up in the wee hours of the morning, skipping school or calling in sick at work.

The Toronto hip-hop artist — currently at the top of his game with a huge global following — was at the HMV store on Queen Street West yesterday signing photographs and CDs.

He was greeted by about 300 avid fans who said they wouldn't miss a chance at seeing their hero.

"I'm not supposed to be here," said a teenaged girl, from Scarborough, who said she was playing hooky. "But I don't care. I'm a pretty good student so I feel I can do this. Drake is so fantastic and this might be my only chance to see him."

John Fabra, 18, from Toronto, said he has followed Drake's career since he first started listening to music and the sound of the new album is incredible.

"I love, love, love it," he said. "Meeting him today is just going to be something pretty special, something I'll remember for the rest of my life."

Most of the crowd — composed mainly of teenagers — were proud that he's from Toronto and that he makes a point of everyone knowing that in his videos and interviews.

The lineup was orderly — for the most part — but at about 9:15 a.m. the crowd surged as the doors were opened and some people lost their places.

TORSTAR NEWS SERVICE

THE NUTCRACKER

Ford seeing visions of sugar plums

Mayor Rob Ford will soon make his stage debut with the National Ballet of Canada, the ballet's artistic director Karen Kain announced yesterday.

The mayor will not dance but he will wear a silly, colourful costume, caper about and follow in the footsteps of his predecessor, David Miller.

Kain announced at a City Hall ceremony that Ford had accepted her invitation of a cameo appearance as a "cannon doll" in a performance of seasonal favourite The Nutcracker, which runs Dec. 10 to Jan. 3.

Ford, a high school football coach not known for his affinity to the arts, will wear a multi-coloured "Petrushka" costume for about two minutes onstage, said ballet spokeswoman Catherine Chang.

The mayor will appear with another cannon doll and a professional dancer who will roll out a cannon. One of the dolls is eager for the big gun to go off, while the other is supposed to be "afraid and timid," Chang said.

"It's a non-dancing miming role," she added.

Ford will choose which doll he plays and who will play the other doll, said Chang.

TORSTAR NEWS SERVICE

The orca has landed

Ikaika the killer whale arrived at SeaWorld San Diego Sunday morning.

Court records say Niagara Falls amusement park Marineland had custody of nine-year-old Ikaika as part of a "breeding loan agreement" between the parks. The courts ordered Marineland to return the whale.

The 12-hour trip to the West Coast included a jaunt on a flatbed truck to the Hamilton airport, a cargo flight with a brief stop in the Midwest, and then on to San Diego, where another truck took the whale to SeaWorld.

TORSTAR NEWS SERVICE

Mayor expects occupiers to pack up in short order

Mayor Rob Ford said yesterday Occupy Toronto protesters in St. James Park will be handed notices to vacate and they'll be gone — peacefully, he expects — "soon."

Ford repeated comments that the protesters in the makeshift camp will be asked to leave.

Pressed for a time frame, Ford said: "It's going to happen soon. I can't give you an exact date. ... We'll hand out the notices and ask these people to leave.

"It's been a peaceful protest. I'm sure they'll leave peacefully."

Asked if this is the week the dozens of tents in the Occupy Toronto camp will be taken down, Ford couldn't say, but added: "It's going to happen soon."

Deputy Mayor Doug Holyday recently took up the protesters' invitation to visit the camp, which sprang up more than three weeks ago as part of the international Occupy movement protesting the growing income gap and other socio-economic ills.

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ This is Occupy Toronto from a bird's eye view yesterday.

But Ford, a millionaire whose family owns an Etobicoke printing company, has no plans to take the protesters up on their invitation to visit.

"I do my job here and anybody wants to come here — I don't mind meeting anyone, but I can't go down to the park," he said. "It's illegal what they're doing, right, so I can't condone illegal behaviour."

TORSTAR NEWS SERVICE

Queen's Park

- Earlier yesterday, Ontario Progressive Conservative Leader Tim Hudak said it's time for police to force the protesters out of the park.
- NDP Leader Andrea Horwath disagreed, saying the encampment has given a voice to people who feel "left out of the equation."
- Premier Dalton McGuinty has said he'll leave the matter in Mayor Rob Ford's hands.

Man wanted in weapons bust

A significant number of prohibited weapons were seized from an apartment building near Danforth Village, around Dawes Road and Danforth Avenue.

Toronto police and border officials carried out a search warrant in an apartment Thursday when they found a submachine gun, a 9 mm handgun, 100 stun guns disguised as cellphones and other prohibited weapons, Const. Tony Vella said.

Muna El Badri, 23, faces 185 charges including importing or exporting a prohibited weapon knowing it is unauthorized.

Keri McKnight, 30, is wanted for 275 similar charges. TORSTAR NEWS SERVICE

No charges in cyclist's death

FACEBOOK.COM

▶ Jenna Morrison with her son, Lucas.

The truck driver that struck and killed cyclist Jenna Morrison will not be facing charges, police said.

Morrison, 38, was killed last week when she was hit by a truck while making a right turn.

Thousands of cyclists rode Toronto streets in her memory during a Ghost Ride yesterday.

She was a mother to a son, 5, and pregnant with her second when she died.

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Cop's testimony 'unreliable': Judge

Fraud charges against four men dismissed Judge finds their charter rights infringed by police search

A judge has dismissed fraud charges against four men after finding a police officer "either fabricated or concealed evidence" about his reasons for searching their van.

Toronto Const. Scott Aikman testified he ordered the search under the Liquor Licence Act, sparked by suspicions they had vodka in a Gatorade bottle, but the judge disbelieved him.

"I found his testimony on this topic to be completely unreliable," provincial court Justice Miriam Bloomenfeld said in her written ruling, released last week.

She dismissed 300 credit card fraud related charges against Kirubakaran Selvanayagampillai, Sethukavalar Saravanabavan, Lojanand Srianandan and Pratheepan Thambu.

"Findings like this about an officer are very rare," said Graham Zoppi, Thambu's lawyer.

Police found gift cards encoded with stolen credit card data in the van after they stopped it on Jan. 28, 2008.

They obtained a search warrant for a motel room and home, finding more evidence of a sophisticated, international fraudulent credit card scheme.

Aikman and another officer stopped the van after it blew a stop sign. Both officers testified they thought they smelled alcohol inside the van. TORSTAR NEWS SERVICE

Gatorade bottle

- By the time of the trial, the seized Gatorade bottle contained no liquid, only sticky orange residue, which could not be tested for alcohol.
- When he testified, Aikman "made the surprising revelation" that he had placed the bottle on the ground during the van search and later noticed it was empty and assumed it had tipped over.
- The judge rejected his Gatorade bottle evidence, calling it "after-the-fact efforts to justify a vehicle search."

Calendar. Contributors

▶ Tom McAllister, COO of the Heart and Stroke Foundation of Ontario, left, and Barry Cracower, chair of the provincial advisory board for the foundation, far right, pose with three contributors to the second annual Heart & Stroke Calendar Lottery at Union Station yesterday. The mascots are called the "Wincredibles."

MARVIN MORGAN/M7 PHOTOGRAPHY

Prize calendar launched

The Heart and Stroke Foundation's calendar shows off the contributions of 12 local amateur photographers, whose photos were selected to be featured from a provincewide contest that drew more than 3,000 entries.

Sick crew forces plane to return

An Air Canada Jazz flight returned to Pearson Airport yesterday after a crew member became ill. A Jazz spokeswoman says the plane, flight 8954 for Fredericton, returned shortly after the 3 p.m. takeoff. THE CANADIAN PRESS

Police seek suspects in strange abduction case

Peel police are looking for two more suspects in the mysterious abduction of a Brampton woman on Friday.

Police are saying very little about the case.

Three Mississauga men were arrested Sunday and charged with kidnapping, extortion and assault after police raided a house in Malton near Derry and Airport roads and found the victim unharmed.

Veerpal Brar, 38, was taken to hospital for a checkup before being interviewed by officers.

Police have put out a warrant for the arrest of Jora Jassal, 28, and Vajinder Singh, 32.

Before the kidnapping, Brar was last seen near her residence in the area of Regional Road 50 and Cottrelle Boulevard in Brampton on Friday morning.

SUBMITTED

▶ Veerpal Brar, 38, of Brampton was found on Ireson Court in Mississauga after going missing last Friday.

A resident near the Malton address said the house where Brar was found is occupied by a man who does renovation work. A green Honda was parked there yesterday.

Neighbours said police swooped in on the area early Sunday and took away a white van.

Brar's car, a four-door red 2009 Honda Civic, is missing, said Peel Regional Police. TORSTAR NEWS SERVICE

Three charged

- The men arrested in the case are Nicholas Victorvalaratnam, 46, Asogian Gunalingam, 30, and Jaswinder Singh, 27.
- They have been charged with kidnapping, forcible confinement, extortion and assault.

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St. Vincent a woman's nightmare

Island nation one of the worst places to be a woman

Hungary, China, Namibia, Colombia, Mexico. These are among the top 10 countries from which refugee claims to Canada are made.

But one of the world's tiniest nations has started appearing on the list, a place many Canadians couldn't find on a map: St. Vincent and the Grenadines.

Last year, 710 Vincentians sought asylum in Canada, up from only 179 in 2001.

This "jewel of the Caribbean" ranked eighth in the world for refugee claims to Canada.

It turns out the vacationer's idyll, with its turquoise waters and verdant hills, is one of the world's worst places to be a woman.

Over the last decade, more women have been murdered in St. Vincent than any other country in the nine-member Organization of Eastern Caribbean States.

In 2007, the island nation had the third-highest rate of reported rapes in the world, according to a UN report.

Even Prime Minister Ralph Gonsalves has been twice accused of sexual assault, once by a policewoman and once by a Toronto lawyer.

TORSTAR NEWS SERVICE

Story of abuse

- Keturah Cupid is a tremulous Vincentian woman whose girlish braids are flecked with grey. Now 43, the pain of her childhood still causes her dark brown eyes to swim with tears. The youngest of four, Cupid was beaten by her mother, brother and one of her sisters. She was often tied up like a "Thanksgiving turkey" and thrashed with everything from cable wires to broomsticks.
- After Cupid escaped to Union Island, the southernmost of the Grenadines' 32 islands, she began a relationship with a pastry chef. He beat her, too.
- Cupid came to Toronto, living illegally in Scarborough for three years, but was deported to St. Vincent in July.
- The refugee board believed her story, but concluded St. Vincent offered places to hide and adequate "state protection."
- "I want to live. And I don't feel safe here," she says, her eyes glistening with tears. "Where am I supposed to go?"

JENNIFER YANG/TORSTAR NEWS SERVICE

▶ Keturah Cupid is a domestic abuse victim from St. Vincent and the Grenadines.

Viewing domestic violence as 'normal'

In the Caribbean, violence has traditionally been viewed as a "normal part of the relationship dynamic," says Dr. Peter Weller, a Trinidad-based clinical psychologist and adviser to a UN batterers' intervention program.

But in recent years, a depressed economy has further upset the relationship between men and women, he says. Caribbean men are expected to provide for their families and that role is now being threatened by unemployment, he says.

"Some men respond by becoming even more controlling, more dominant," Weller says. "Losing that identity, (they're) choosing to exert their dominance and control over the most vulnerable."

Although the problem is getting worse, Vincentian lawyer Nicole Sylvester says many domestic abuse victims don't go to the police because they lack confidence in the system.

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JENNIFER YANG/TORSTAR NEWS SERVICE

▶ Stories about domestic violence dominate front pages in St. Vincent.

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BRITAIN

Anything goes for Olympic defence

Britain's Defence Secretary Philip Hammond rules nothing out to protect London during the 2012 Olympics, including the possible use of surface-to-air missiles.

Hammond told Parliament yesterday that if the military recommends it, "appropriate ground-to-air defence" could be in place.

Hammond was responding to a question from his predecessor Liam Fox, who resigned as defence secretary last month. Fox noted surface-to-air missiles had been in place for the Olympics since the 1996 Atlanta Games and asked Hammond to confirm there would be "a full level of multi-layered defence and deterrence."

THE ASSOCIATED PRESS

Libya deploys fighters

Hundreds of uniformed men described as members of a new Libyan army have been deployed for the first time to settle a bloody feud between rival militias.

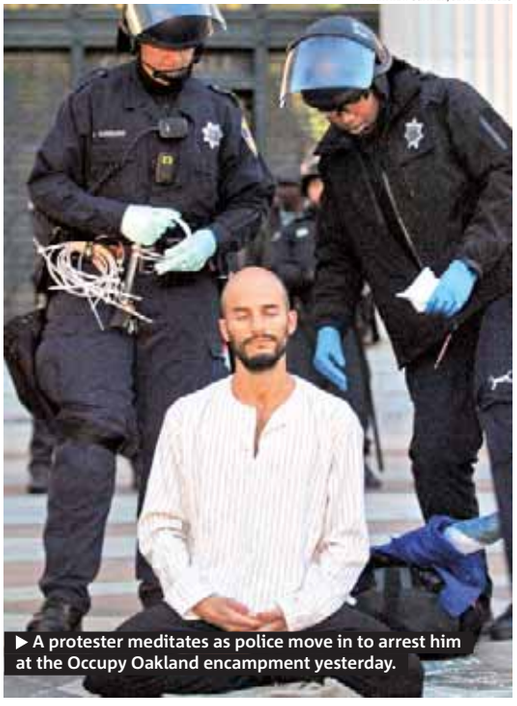
The soldiers, wearing beige camouflage uniforms and ID badges, were sent to serve as a buffer between gunmen from the city of Zawiya and the nearby tribal area of Warshefana.

Four days of fighting, the most sustained since the killing of Moammar Gadhafi last month, had claimed at least 13 lives.

THE ASSOCIATED PRESS

Occupy Oakland cleared

MATHEW SUMNER/GETTY IMAGES



▶ A protester meditates as police move in to arrest him at the Occupy Oakland encampment yesterday.

◗ Protesters marched away in handcuffs ◗ Police make 32 arrests

Riot-clad law enforcement officers cleared out an anti-Wall Street encampment in Oakland, Calif., just before dawn yesterday in the latest tensions in some U.S. cities over Occupy demonstrators who have camped out for almost two months.

Some demonstrators gathered near the barricades and vowed to return. "I don't see how they're going to disperse us," said Ohad Meyer, 30. "There are thousands of people who are going to come back."

The action came a day after police drove hundreds of anti-Wall Street demonstrators from weeks-old encampments in Portland, Ore., arresting more than 50 people.

Officials across the U.S. have been urging an end to similar gatherings after four deaths in different cities, including two by gunfire.

Oakland officials insisted on an end to their city's encampment after a man was shot and killed Thursday near the camp.

THE ASSOCIATED PRESS

Vet released

- Friends confirmed on Sunday that an Iraq War veteran who was injured in the Oct. 25 raid, Scott Olsen, has been released from the hospital. Olsen, who suffered a skull fracture, became a rallying point for protesters nationwide.
- Dottie Guy of Iraq Veterans Against the War said Olsen can now read and write but still has trouble talking.

Aid workers freed after ransom possibly paid

Three French aid workers captured by al-Qaida militants in Yemen six months ago returned home last night, hours after being freed thanks to help from the sultan of Oman and a possible ransom payment.

Kidnappers linked to al-Qaida's offshoot in the region had demanded $12 million US in exchange for the three and had threatened to kill the hostages if ransom wasn't paid imminently, according to Yemeni officials.

The hostage ordeal came amid an uprising against the 30-year reign of President Ali Abdullah Saleh that has unraveled security in Yemen, the Arab world's poorest country. Al-Qaida-linked militants have taken control of entire towns in the country's restive south.

The aid group Triangle Generation Humanitaire said the two women and a man were in good health.

THE ASSOCIATED PRESS

▶ French aid workers arrive in Muscat, Oman, yesterday.

But the circumstances of their release remained murky.

A senior Yemeni tribal mediator said the Omani government and a Yemeni businessman paid a ransom, though he gave no figure and the ransom couldn't immediately be confirmed.

The mediator said Oman and Yemeni tribesmen negotiated the release, and that the hostages were handed over to mediators one by one. He said a helicopter carried the hostages from the southern Yemeni city of Shabwa — a hotbed of Islamic militants — to Oman late Sunday.

French President Nicolas Sarkozy personally thanked the sultan of Oman "for the essential role of Omani authorities" in freeing the hostages, and for the "exemplary action" of the country's forces, his office said.

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Call-out to Syria from Jordan

Jordan's king recommends Syrian president resign from power

Jordan's king said yesterday that Syrian President Bashar Assad should step down for the good of his country, the first Arab leader to publicly make such a call as Syria's neighbours close ranks against the isolated regime.

Syria's crackdown on an eight-month-old uprising has brought international condemnation, but Damascus generally has been spared broad reproach. That changed Saturday, with a near-unanimous vote by the 22-member Arab League to suspend Syria.

Assad has tried to blunt the threat to his 40-year dynasty by promising reform while using the military to crack down on protests that refuse to abate despite 3,500 dead — including at least 12 reported killed yesterday. **THE ASSOCIATED PRESS**

Tense relations

- A top Jordanian government official — who spoke on condition of anonymity — said the king didn't directly call on Assad to step down, noting the monarch was responding to a question about what he would do if he were in Assad's place.
- Jordan's relations with Syria have been bumpy since the early 1970s, when Syria tried to intervene on behalf of Palestinian guerrillas in Jordan.
- In 1994, relations further deteriorated after Jordan signed a historic peace treaty with Israel, Syria's arch enemy.
- Damascus accused Jordan of breaking with Arab ranks and betraying the Palestinian cause.

GETTY IMAGES

▶ Syrian women gather around a sheet covered with tufts of their own hair, as they protest for the right to decide the fate of the Syrian people on their own in Damascus yesterday.

I am a military commander: Breivik

THE ASSOCIATED PRESS

▶ Breivik

The anti-Muslim extremist who confessed to a bombing and shooting massacre that killed 77 people in Norway tried to declare himself a resistance leader yesterday at his first public court hearing but was quickly cut off by the judge.

Anders Behring Breivik was escorted by guards into an Oslo court room packed with spectators, including survivors of his rampage at a youth camp near the capital who were seeing him in person for the first time since the July 22 attack.

"I am a military commander in the Norwegian resistance movement," Breivik said.

Breivik is being held pending his trial on terror charges. If found guilty, he could be sentenced to 21 years in prison. **THE ASSOCIATED PRESS**

Teenage boy accidently shoots friend: Police

A 14-year-old boy in Winnipeg is facing eight weapons related charges after accidentally firing a gun at his friend. Police say the show-and-tell went wrong when the suspect pointed the rifle at the 14-year-old victim, mishandled the firearm and shot him in the upper body. The victim is in stable condition. The suspect fled the apartment but turned himself in later that night. **METRO WINNIPEG**

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United they fall

It's been one month since the Occupy Wall Street movement went global ◗ We check in on camps in Metro cities across Canada ◗ Word from most officials: Get out

Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.

Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received $7,500 from the Occupy Wall Street organizers to help with winter prep.

Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.

Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.

Occupy Ottawa

Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.

Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.

Occupy Toronto

More bark than byte? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."

METRO CANADA
PHOTOS: METRO CANADA, THE CANADIAN PRESS, TORSTAR NEWS SERVICE

Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.

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UNITED WAY OF AMERICA

Disgraced charity boss dies

William Aramony, who built the United Way of America into a philanthropic powerhouse before leaving in disgrace and serving six years in prison for fraud, has died of cancer in McLean, Va. He was 84.

Aramony, a son of Lebanese immigrants, was the United Way's CEO from 1970 to 1992. He resigned after using organization money to fund a lavish lifestyle, including gifts for a girlfriend who was 17 when they first met.

He dedicated his time after his release from prison to peace-building efforts in the Middle East, his son, Robert Aramony, said. THE ASSOCIATED PRESS

Brazil grants residency to same-sex partner

Brazil for the first time has granted a foreign citizen the right to live permanently in the country based on a same-sex relationship with a Brazilian citizen, published reports say.

Spaniard Antonio Vega Herrera lives with his Brazilian partner in the town of Aracatuba in Sao Paulo state.

The action grows out of a Supreme Court ruling last month that recognized same-sex marriage, giving gay couples rights such as the ability to jointly file taxes and adopt a child.

However, Congress has yet to pass legislation guaranteeing those rights. THE ASSOCIATED PRESS

Congo courts tourists with smokin' attraction

VIRUNGA NATIONAL PARK/THE ASSOCIATED PRESS

▶ Nyamulagira erupts. Some 360 rangers protect Virunga National Park and its wildlife from poachers, rebel groups, illegal miners and land invasions.

Campsite with spectacular views bound to erupt in popularity

A national park in Congo best known for its endangered mountain gorillas is inviting tourists to go on overnight treks to see a volcano spurting fountains of lava more than 300 metres into the air.

Mount Nyamulagira began erupting on Nov. 6 and could continue to do so for days, or even months.

Park wardens have named the latest Nyamulagira eruption "Kimanura," after the name of the area along the volcano's flank, spokeswoman LuAnne Chad said yesterday.

Rivers of incandescent lava are flowing slowly north into an uninhabited part of the park, but the lava flows pose no danger to the park's critically endangered mountain gorillas, park wardens said. THE ASSOCIATED PRESS

Utterly lava-ly

- **Virunga National Park** is home to 200 of the world's 790 mountain gorillas, as well as lowland gorillas, chimpanzees, okapi, forest elephants and buffalo.
- **The park has set up** a camp 1.5 kilometres south of the volcano where tourists can spend the night. For $300, the park provides transportation and wardens to guide visitors.

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YOUTUBE

▶ Ilya Zhitomirskiy co-founded a company he hoped would bring a better social-networking experience.

Co-founder of Diaspora dies

22-year-old is one of four students who started the social networking site in a computer lab at New York University Seen as an anti-Facebook

Ilya Zhitomirskiy, a co-founder of the startup social networking site Diaspora that put an emphasis on privacy and user-control, has died, a company spokesman said yesterday. He was 22.

The cause of Zhitomirskiy's death in San Francisco wasn't immediately known, and neither the company nor the San Francisco Medical Examiner's office would release details.

"Ilya was a great guy. He was a visionary; he was a co-founder of a company that hopes to bring a better social networking experience," said Peter Schurman, a Diaspora spokesman. "We are all very sad that he is gone. It is a huge loss for all of us, including his family."

The group raised more than $200,000 US by collecting contributions through the website Kickstarter.

Last month, it posted a blog on its website asking for more contributions.

The site champions the idea of sharing while keeping control. On its website, the company promotes itself as a "fun and creative community that puts you in control."

Facebook CEO Mark Zuckerberg is listed as a supporter. He told Wired.com in May 2010 after Facebook announced new privacy controls that he liked the open source project. "I think it is cool people are trying to do it. I see a little of myself in them," he said.

THE ASSOCIATED PRESS

CRTC rings in phone code

Rules governing disconnections, deposits come into effect on May 14

The CRTC has set out a new code of conduct for telephone companies, spelling out their obligations when disconnecting a subscriber's service for failing to pay the bill.

The code sets out how much notice phone companies must provide before disconnecting a telephone line, the hours and days during which companies may disconnect service and the maximum deposit that can be requested.

The CRTC says that Canadians have too often encountered different policies from phone companies where their home telephone service is disconnected or they must provide a deposit.

The Canadian Radio-television and Telecommunications Commission had asked the telecom industry and consumer groups to develop the code.

THE CANADIAN PRESS

▶ The new $100 polymer bank note.

SEAN KILPATRICK/THE CANADIAN PRESS

Plastic money in circulation

Paying with plastic took on a new meaning yesterday as the Bank of Canada rolled out new $100 bills to replace the cotton-paper blend note. Canada's first polymer bank note features anti-counterfeiting features such as partially-hidden numbers. A focus group took a close look at the $100 bill earlier this year and saw several offbeat images the designers didn't count on. Some in the group mistook a strand of DNA on the bill for a sex toy.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas
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IPad, iTunes facing assault from rivals

But licensing fees a roadblock to Amazon's Kindle Fire and Google's Music Beta crossing border to Canada

The tech assault on Apple hits full battle mode this week, as Amazon starts selling iPad competitor Kindle Fire and Google introduces its iTunes competitor Music Beta.

Neither, though, are available in Canada and neither company was willing to say when they might arrive.

Licensing fees in Canada can drain 45 per cent of a company's revenues, online music streaming service Pandora has said in bowing out of the Canadian market.

"That places Canadian licensing costs far above those found in the U.S. and Britain, forcing many providers to look for more cost-competitive markets," Michael Geist, University of Ottawa media law professor, has said on his blog.

EMMANUEL DUNAND/GETTY IMAGES

▶ Amazon CEO Jeff Bezos with the new Kindle Fire.

Netflix, for example, makes U.S. deals with content providers and cable companies that include American streaming rights, said Geist. The Watch Instantly service holds 13,000 titles. In Canada, the licensing deals with Canadian broadcasters are for exclusive online distribution, so Watch Instantly in Canada carries just 1,000 titles.

In all, Kindle Fire has promised 18 million movies, TV shows, songs, magazines and books, plus apps and games including Netflix, Hulu Plus and Pandora.

Music Beta allows users to "listen to music anywhere," an introductory video says. The system synchronizes mobile and computer content and playlists and allows users to play their music offline.

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OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO

I was six years old when I first donned a pair of pink plastic frames with lenses as thick as windowpanes. I don't think I realized it then, but my face would never be the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

"And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion."

Today, my Rx for distance vision is a solid -6.50, and I'm experiencing a slow degeneration rather than a rapid decent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower, I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness, I resent those poseurs in their fashion frames, mocking me with their perfect vision.

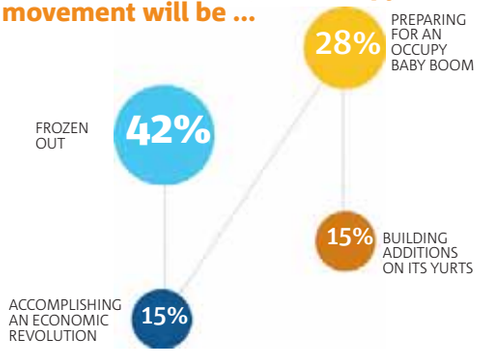
To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

At the end of winter, the Occupy movement will be ...



Local tweets

- **@kimberly hughes:** Amazing turnout. #touched RT @torontoist: Photos from this morning's memorial ride for cyclist Jenna Morrison: bit.ly/uoh7Sh #bikeTO
- **@HiMYSYeD:** 'Cycling is an act of Community. It is ... The city.' -- Matthew, Yoga instructor. #JennaMorrison #bikeTO
- **@Aimeesse:** you guys should talk about anti bullying awareness week as its this week.
- **@LaurelBroten:** My statement on #BAW2011: We will only end bullying when each one of us stands up and speaks out.
- **@proteincookies:** #IAmWhoIAm Bullying does not end after childhood. As an adult, I experienced it. Have you?
- **@FRRTVTommy:** So on @nbc mid season Lineup Community isn't there. It's a low rated show. Watched it a few times. Doesn't mean it's cancelled though
- **@prryjcksn:** Really bummed about Community being benched for mid-season.
- **@stephlacivita:** How is it possible that Community isn't on NBC's mid-season schedule? TOTAL SHENANIGANS. #sixseasonsandamovie

Letters

Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course, all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people, but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

PAUL INGRAM
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metro PHOTO CHALLENGE

▶ This photo titled Turn off the TV (Apaga la TV) was submitted to the Photo of the Day category by Valentina Godoy from Chile.

photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid $870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an imperfect way of mourning.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

▶ Kim Il-nam displays beads made from his father's ashes

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang. It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. **THE ASSOCIATED PRESS**

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A 'krilling' adventure

Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story

RICHARD CROUSE
SCENE@METRONEWS.CA

HANDOUT

▶ Happy Feet Two director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his resumé it's easy to see what he means. His creations, like Mad Max, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and Babe, the king of the barnyard, are agents of change in their own worlds.

In his new film, Happy Feet Two, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill – a minute marine crustacean.

"Happy Feet Two is not a saga," he says. "It's not the hero myth, except from the point of Will the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, Happy Feet Two was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune Eric's Opera because he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

▶ When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.

THE ASSOCIATED PRESS

2 scene

Scene in brief

Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The Academy Award winning actress plays Britain's first female prime minister in the soon-to-be-released The Iron Lady. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.

THE ASSOCIATED PRESS

First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.

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DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Harry Potter and the Deathly Hallows: Part 2
Genre: Adventure
Director: David Yates
Stars: Daniel Radcliffe, Emma Watson, Rupert Grint
⊕⊕⊕½

Ten years and eight films after Harry Potter's cinematic adventures began, the saga resolves in ways suspenseful, romantic and thrilling.

In Harry Potter and the Deathly Hallows: Part 2,returning director David Yates, screenwriter Steve Kloves and many other creative hands pull out all the stops for the grand finale of the boy wizard's long battle with evil Lord Voldemort, a snake-faced creep played with masterful menace by Ralph Fiennes.

The action rarely flags in the film, which at 131 minutes is the shortest of the Harry Potter sagas, but also the most exciting.

The long-anticipated siege of Hogwarts gets what can only be called the Lord of the Rings treatment, with visual mayhem and character dynamics writ large. Even viewers fully versed in the plot will find themselves catching their breath as long-simmering developments reach fruition and apparent red herrings are addressed. The only disappointing aspect of this otherwise stellar send-off to Harry Potter is the post-production conversion to 3D (available with the Blu-ray), which adds absolutely nothing to the experience.

This outing can be summed up by the final three words of the final Potter book, which I present as a teasing acronym to avoid spoilers: "AWW." That may also be the sound you make at the conclusion of the film's romantic epilogue, which will prompt many smiles of satisfaction.

Extras, mostly on the Blu-ray, include deleted scenes, Maximum Movie Mode, a conversation with Daniel Radcliffe and J.K. Rowling and numerous featurettes.

PETER HOWELL

Larry Crowne
Genre: Comedy
Director: Tom Hanks
Stars: Tom Hanks, Julia Roberts, Sarah Mahoney
⊕½

Somewhere in a dark corner of hell, a satanic film class is waiting to study Larry Crowne.

Can there be a better textbook example of soulless Hollywood product than this Tom Hanks/Julia Roberts vehicle? It's a movie of unbelievable characters, fake emotions and unearned resolutions, cynically pitched as a feel-good flick about coping with unemployment.

Hanks (who also directs, and co-writes with Nia Vardalos) stars as the low-ambition Larry, who happily toils as a minimum-wage drone at U-Mart, a fictional Walmart clone.

When he gets the boot one day after being told he doesn't meet their requirements because he's lacking a degree, Larry picks himself up and immediately enrolls at a community college.

There he must take a public-speaking course taught by Mercy, played by the perpetually brittle Julia Roberts.

You get no awards if you figure out there will be a romance between Mercy and Larry. But don't get excited ... the sparks from these two couldn't ignite an open barrel of gasoline.

Extras include deleted scenes and a making-of featurette.

PETER HOWELL

Happy Birthday, Xbox

The Xbox turns 10 today | Here's why it matters

1. Unveiled Nov. 15, 2001, in a world dominated by Sony's PlayStation 2, the Xbox was the underdog. Creator Microsoft was known for Windows operating systems but not games. But its main feature — a built-in hard drive — was new, and impressive.

2. Smartly, the Xbox's launch title was Halo: Combat Evolved, a first-person shooter series with an already-large fan base.

3. Proof the system was taking off: In 2002, 250,000 people signed up for Xbox Live, the Internet service that connects players around the world. By 2009, the service had 20 million members.

3. In May 2005, the next-generation Xbox 360 was announced. More than 60 million have been sold.

4. Kinect for Xbox 360, launched November 2010, allows you to control images without a controller — the technology reads your body movements. The applications are just starting to be realized.

5. What's next? We'll find out in 2013, when the next generation Xbox is rumoured to be announced.

METRO

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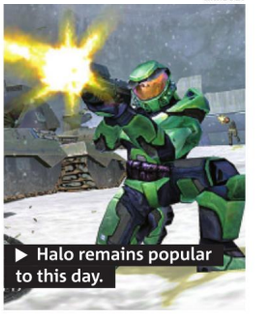

▶ Halo remains popular to this day.

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A big, beautiful world beyond Hogwarts

STEPHEN LOVEKIN/GETTY IMAGES

▶ The cast of Harry Potter and the Deathly Hallows: Part 2 arrive at the film's July 2011 premiere. The film is available today on DVD and Blu-Ray.

As the final Harry Potter film hits the shelves, the cast and crew take a final bow and look toward the future

NED EHRBAR
LIFE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The streets of Universal Studios' replica Hogsmeade seemed a little more authentic last weekend, with actual Weasley's and other wizards wandering about.

Cast members and filmmakers from the eight-film Harry Potter series assembled at the Wizarding World of Harry Potter theme park in Florida for one last hurrah, just in time for the DVD and Blu-Ray release of the series' final film, Harry Potter and the Deathly Hallows Part 2.

How much of a goodbye this really is isn't clear, of course, as there are still a few Potter events on the calendar — Leavesden Studios in England will open its doors in March for special tours of key sets from the series, and a more comprehensive, extras-packed box set of all eight films will inevitably be offered up to consumers. And that theme park certainly isn't going anywhere.

But the big party in Orlando still served as a send-off celebration of sorts, offering cast and crew a chance to reflect as well as look to the future.

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to make some smaller movies..."
DAVID YATES, DIRECTOR OF THE FINAL FOUR INSTALLMENTS OF THE HARRY POTTER FILM SERIES

"In one way, it's quite nice to come back and do one last thing, in a way, as part of the process of letting go," says David Yates, who directed the series' final four films.

"It's been all-encompassing. You just were completely immersed, and that has wonderful things about it and not-so-wonderful things. It's a bit of an island, Harry Potter, in the sense that it was a very close-knit family and you work in this very intense, closed environment, and they never stop doing anything but just making Harry Potter. So it was a relief to get to the end of it and suddenly lift one's head up and realize that there's other things in life other than Hogwarts and wands."

So what is Yates — who has won acclaim for his quieter TV work like State of Play and the Girl in the Cafe — looking to do next? The key is variety, he says.

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to make some smaller movies alongside some big tentpole movies," Yates explains.

Rupert Grint, who shot to fame as Harry's pal Ron Weasley starting at age 11, did get that chance to branch out, popping up in indie fare like Cherry Bomb and Driving Lessons between semesters at Hogwarts.

"It was really fun to do those other films, to see how other films are made and step out of this bubble and explore what else is out there. I'm really excited to do more of that," he tells Metro.

Checking in

And what of all of the other wizards?

- Irish actress Evanna Lynch, who was a diehard Potter fan before landing the role of Luna Lovegood midway through the series, has already relocated to Los Angeles to push her career forward.
- James and Oliver Phelps, who played twins Fred and George Weasley, have some projects lined up together and some without each other. "We won't go out and say we have to do something together now," says Oliver. "If anything, we did think at one point that we'd have to do something separate, but a few of the older cast-members from Potter were saying to us, 'No, why are you casting yourselves out of stuff? Keep your options open all the time.' Which is a great piece of advice."
- Jason Isaacs, who tormented Harry Potter as aristocratic deatheater Lucius Malfoy, has a highly anticipated TV series, Awake, debuting soon.

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Paradis reflects on love and loss

Johnny Depp's partner talks about her role in Café de Flore Says the story took her breath away

STEVE GOW
SCENE@METRONEWS.CA

She may be a huge star in her native France but in North America, Vanessa Paradis is better known as Johnny Depp's partner and mother of his children.

Perhaps that will all change on Friday, however, as the hit singer-turned-actress begins gaining attention for her delicate role in Quebecois director Jean-Marc Vallee's (C.R.A.Z.Y) acclaimed drama Café de Flore.

"The story just took my breath away reading it and I was so lucky that (Vallee) decided to work with me," said Paradis recently in Toronto.

"Each time I read (the script), I was filled with emotion and needed to catch my breath."

Sharing children with Depp may have indeed influenced Paradis' fascination with Café de Flore. An intricate drama that meshes two seemingly unconnected storylines, Paradis' character focuses on the struggle of being a single mother of a Down Syndrome boy.

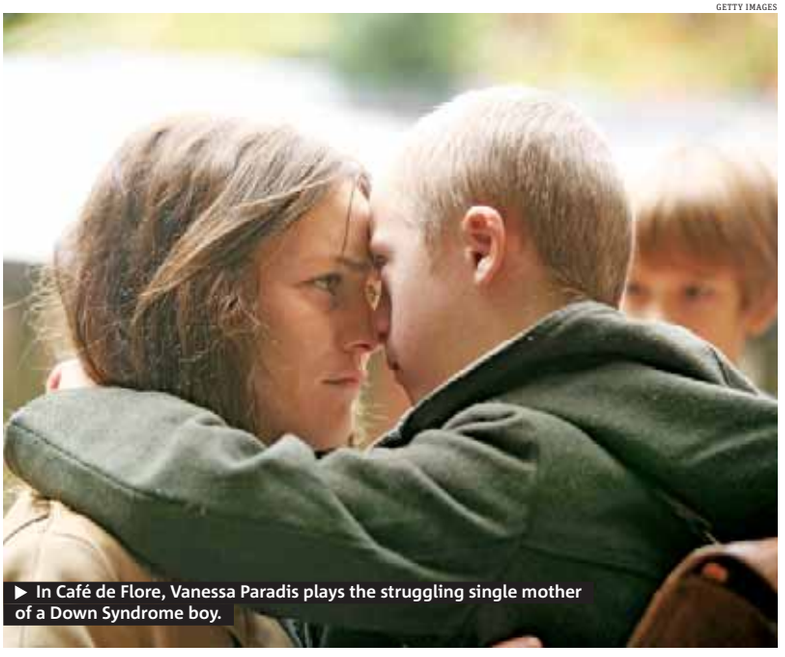
"The story talks about love and all kinds of love — maternal love, friendship, being a parent, being the child, being the lover, being the wife — and how everything is linked together and can be broken in a second," she said.

While her relationship to Depp is clearly in no threat of being broken — they've been together ever since Depp shot the 1999 thriller The Ninth Gate in France — Paradis agrees that one of the themes that makes Café de Flore tick is that love and loss are often interconnected in the lives of people.

"(I hope people appreciate) all the romantic ideas that are there and the power of love and the danger of love," said Paradis.

"Is it a happy movie? Is it a sad movie? I don't know and so I guess everybody can take it the way they want and I don't think they'll take it the same way ... but love is huge and love is not just one thing, one colour, one note."

GETTY IMAGES



▶ In Café de Flore, Vanessa Paradis plays the struggling single mother of a Down Syndrome boy.

Paradis' music career

In her native France, Vanessa Paradis is a hit singer. Here are some of her hits:

- Joe le taxi
- Marilyn et John
- Tandem

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James cheated with 19 women: Kat Von D

Tattoo artist bares all on recent Facebook post

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.

ALL PHOTOS GETTY IMAGES

▶ Kat Von D

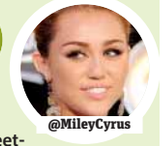
"I know I deserve a big fat 'I told you so,' from everyone, and wish I didn't have to say, 'You all were more right than you'll ever know,' but you were," she writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'superpoker' to task on Facebook.

Celebrity tweets



Sorry I havent been tweeting as much! I deleted the twitter ap off of my phone. Just taking some "ME" time!

@MileyCyrus

@keshasuxx

Dave grohl just gave me a flask of moonshine.... #uhoh

@ConanOBrien

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!

Saldana splits from fiancé

Zoe Saldana and fiancé Keith Britton have called it quits, according to Hollyscoop.

Saldana's rep confirms that the two "have amicably separated after 11 years. Saldana and Britton remain committed business partners as co-founders of fashion resource MyFDB.com."

Theirs had been an extremely low-profile relationship, as Saldana had rarely mentioned Britton publicly until their engagement in June 2010.

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Zoe Saldana

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Pitt to quit acting?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and development of stories and putting those pieces together."

Pitt has apparently had the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. METRO

▶ Brad Pitt

Stern in running for America's Got Talent

With Piers Morgan bowing out of America's Got Talent, shock jock Howard Stern is reportedly in talks to replace him as a judge on the reality talent competition, according to The Associated Press.

Sources close to the talks say Stern is being offered about $15 million a year to join judges Howie Mandel and Sharon Osbourne. There's little rush, though, as judges aren't needed for the next season until February.

METRO

3 life

Casting a dark light on black licorice

Eating large amounts of the tasty treat linked to health complications • Physician tells of a case where patient suffered swelling, high blood pressure from consuming lots of candy

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ Black licorice — it's just one more delicious thing that is bad for you.

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pressure. She had been eating between four and seven black licorice cigars a day for 10 days in a row. (She had bought them because she loved them and because she was going on a family trip, and knew they made good laxatives.) Black licorice contains glycyrrhizic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns. As soon as the woman stopped eating the candy, her symptoms disappeared and her weight went back to normal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hospital.

Black and white

Black licorice isn't all bad.

Toxic There are beneficial effects too, says Dr. Christine Johns, an emergency room doctor at the Ottawa Hospital. "Balance. In all things from diet to exercise," she reminds Metro readers. The ingredient in black licorice that can be toxic (GZA) is also commonly found in herbal remedies for cough, stomach ailments and constipation. It is reputed to have antibacterial and antiviral properties, she says. "When I have patients who suffer from constipation I sometimes suggest black licorice made with natural ingredients *if* they have no prior problems with blood pressure or kidney function. I educate them about safe amounts."

Trend of the week

Workout hoodies

The colder it gets, the more we need to cover up for our workouts. A hoodie is the perfect accessory for fitness lovers that don't want to look frumpy when they head out for their morning jog.

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552 million people could have diabetes by 2030; experts say many cases still preventable

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

ISTOCK PHOTO

Have a snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch.

Eat By the Clock I was on Breakfast Television in Toronto recently talking about what you should eat at certain times of day if you're watching your weight. The advice is from dietitians we consulted for an article that's in our November issue. Here's an excerpt:

Morning Eat breakfast! We've all heard it, and it's true, that eating breakfast kickstarts your metabolism and gives you energy to start the day.

Get some protein, such as eggs, Greek yogurt or peanut butter, as protein helps keep you full for longer. Whole grains, like a bowl of oatmeal, also make an excellent breakfast.

But skip the bagel with bacon and cheese, which is high in calories and fat without a whole lot of nutritional value.

Mid morning Have a snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch.

Apple slices with peanut butter is a good snack choice (and peanut butter has healthy fats), or try baby carrots dipped in yogurt, which gives you one of the seven to eight servings of vegetables and fruit that women need daily.

Lunch A chicken or salmon sandwich (maybe using leftovers from dinner the night before?) with some red pepper strips and cucumber slices is filling and healthy.

To find out what not to have for lunch, and what to eat in the afternoon, dinnertime and evening, pick up the November issue, which is on newsstands now.

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PLATINUM

From extreme smoker to an extreme success

Going on 30, Ray Zahab was smoking up to two packs a day. He quit and is now an ultra marathoner who has run across the Sahara desert and Antarctica

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

METRO WORLD NEWS

▶ Ray Zahab started smoking at an early age. Since quitting he has gone on to lead an active life competing in marathons and other events.

Ray Zahab told Metro in his own words how he dealt with his addiction to smoking.

"I was sedentary. I wasn't the sporty type; in high school I was the 'dodge ball target.' At 30, I felt unfulfilled. I needed to change something but I didn't know what. I decided to take control of my body. It wasn't about being healthy. It was about becoming a different person.

In my case smoking wasn't an addiction, it was something I loved doing. Having a cigarette went hand in hand with a cup of coffee or a pint of beer.

Giving up was a metaphor for all the negative things in my life. Step 1 was giving up the worse thing I was doing to myself. Tobacco.

It took me a year and a half to quit but on New Year's Eve 1999 I smoked my last cigarette and from Jan. 1 onwards I looked at life differently.

I lived every day like my last and discovered my body was like an engine. I was 30 years old and I was being introduced to someone I'd never met. That person is in each and everyone one of us. As I came to control one thing, I began closing the door on the negative and opening up to the positive. This sounds cheesy, but all the negativity in my life was gone. I took up mountain biking and within three months my body was completely clean. I wasn't a runner; I lacked power and endurance and I didn't think I had the build but in 2003 I read an article about ultra marathons and I thought, 'what the heck' and signed up to run the Yukon arctic race.

I'd run a maximum of five times in three years and I had just under three months left to transition from mountain bike to marathon training.

Half way through the race I was on the verge of dropping out. I was dragging my sled and freezing. I sat down and went through the things that had bought me here. I thought, 'four years ago, you quit smoking and this is where it has lead you.' I got up and took it one step at a time, determined to go as far as possible.

Then I lost track of time. I started running, walking, running walking and my mind was in a different place. I don't know how, but I won the race.

Running taught me I could do things I would never have imagined. I've since won several extreme races but have not strived to become Mr Extreme. We can all achieve the impossible."

How I quit

1. Believe in yourself. It sounds corny, but we can be our own worst enemies.
2. The challenge in overcoming many challenges we face are 90 per cent mental. The other 10 per cent is all in our heads.
3. Quit smoking cold turkey. Slowly build it up so that you're smoking less and less each day but once it's your last, it's your last.

Thoughts on Acceptance

CURIOUS. If self acceptance is good for us, then why don't we accept ourselves more? Typically, we judge ourselves unfavourably with the hope it will motivate us. Does this work? Only short term. Many believe that if they accepted themselves as they are, they wouldn't change or become more of who they want to be. True acceptance begins with curiosity about yourself of what it will take to be happy with who you are now, and begin to support who you are at this very moment, even those parts you'd like to change. Remember, becoming more is a result of acceptance.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Quoted

"This very moment, right now, is all there is. Nothing else exists. It is the most precious moment you will ever have, so live it as fully as you can."

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CLOVER LEAF

Shawarma with a Tuna Twist

Ingredients:

- 1 can (85 g) each flaked light tuna (lemon & pepper, and garlic & hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) whole wheat pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion slices, dill pickle spears, cucumber ribbons

Cucumber and Dill Sauce:

- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

Preparation:

1. Cucumber and Dill Sauce: In small bowl, stir together yogurt, cucumber, dill, garlic and lemon juice. Cover and refrigerate.
2. In another bowl, combine both cans of tuna and cumin. Lay pitas flat and divide tuna mixture along centre of each pita. Top with lettuce, tomato and onion. Top with pickle and cucumber. Drizzle sauce over each and roll pita up tightly to serve.

EMILY RICHARDS/ CLOVER LEAF

Early birds get best selection

Lazy Daisy's Café sells out of many items on its menu quickly and early, leaving mostly disappointing sandwiches for all those late-lunch diners

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

It's no wonder a space as inviting and spacious as this draws a crowd.

And with "locally sourced, naturally raised, handmade and farm fresh food," it sounds heavenly.

Go early though, as things run out quickly — at least that means everything's fresh. But when I arrive there's no quiche, amongst other things, which leaves mostly just sandwiches.

The Egg Salad Sandwich ($4.95) it is then, with an order of Chili ($8.75) minus the whoopie pie. How disappointing.

The smattering of fresh egg salad is not overly creamy, though hardly a satisfying lunch.

My watery chili, which was supposed to include meat is actually vegetarian black bean (indicated on a small board elsewhere) and I'm charged the same amount. It's fine, but lacks the depth that develops from hours of simmering on the stove.

Come here to work and hang out, but don't come hungry.

Lazy Daisy's Café
1515 Gerrard St. E. (at Coxwell)
647-278-3966
Reservations: No
Licensed: No
Quick solo lunch: Yes
Rating: 2.5 out of 5

STEPHANIE DICKISON

Chili ($8.75).

Give ham new identity

A bit of bourbon goes a long way in giving this familiar meat new life It's great for dinner parties

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1. Coat stoneware of a 5-L (20 cups) slow cooker with non-stick cooking spray. Add ham, cut side up. In bowl, combine apple juice, brown sugar, raisins, cinnamon and pepper flakes; stir well. Pour mixture evenly over ham. Cover; cook on Low for 9 to 10 hours or on High for 4 1/2 to 5 hours. Add cherries 30 minutes before end of cooking time.
2. Transfer ham to cutting board. Let stand 15 mins before slicing.
3. Pour cooking liquid into measuring cup and let stand 5 mins. Skim and discard excess fat. Return cooking liquid to slow cooker.
4. Turn slow cooker to High. In bowl, whisk cornstarch and bourbon until cornstarch is dissolved. Stir into cooking liquid. Cover; cook on High 15 mins. until thickened. Serve sauce over sliced ham.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/ CROCK-POT

THE CANADIAN PRESS H/O

Ham in Bourbon Sauce

This recipe serves 10 – perfect for entertaining.

Ingredients:

- 2.5 kg (6 lb) bone-in ham, butt portion
- 125 ml (1/2 cup) apple juice
- 175 ml (3/4 cup) packed dark brown sugar
- 125 ml (1/2 cup) raisins
- 5 ml (1 tsp) cinnamon
- 1 ml (1/4 tsp) red pepper flakes
- 75 ml (1/3 cup) dry cherries
- 50 ml (1/4 cup) cornstarch
- 50 ml (1/4 cup) bourbon

TALKING TIPS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

ISTOCK

▶ The bellman at a hotel should be tipped.

This is my last article from my trip to China. While having dinner in Shanghai recently at a fantastic restaurant called The Bund, we started talking to the table beside us.

This wonderful group of 10 turned out to be fellow commonwealth members, from Australia, vacationing through China. At some point someone asked "does anyone know when and who to tip in a hotel?"

The group at my table laughed and said, "Charles, do you want to answer that question?"

That's such a great question I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to insure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below is a basic chart to help guide you. Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of hotel you are staying at and how generous a tipper you are.

People you should tip in a hotel

- Bellman who carries your luggage to and from your room.
- Housekeeper who cleans your room (most forgotten employee).
- Concierge who makes your reservations and/or advises you on local plans and information.
- Waiter/waitress in the restaurant.
- Room service. Although they generally already have a gratuity added to the invoice, most still give a little additional gratuity.
- Car jockey when they return your car.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Check to see if any pubs in your area offer trivia nights.

Ideas for your next date

1 Q & Play
Put your useless knowledge to the test at a local trivia night. Check pubs in your area — many offer some sort of Q&A evening. Team up with your partner to become one unstoppable quiz-show force.

2 Cache me if you can!
Who doesn't love a good treasure hunt? Go geocaching! Join in a public cache or "bury" your own treasure and have your guy or girl get searching.

3 Back to the future
Will you have a white-picket fence and 2.5 kids someday? Is a promotion just around the corner? Will the Cubs ever win a World Series? Find out your future forecast together by visiting a palm reader.

4 Early birdies
Watch the world wake up. Set your alarms for 5 a.m. some Saturday. Head to a lookout or good vantage point to see your town at a glance. Curl up in a blanket, sip some coffee and watch your city come alive.

5 You and the ___ factory
While it may not seem sexy, a factory tour can get your blood pumping! Find out how your fave sinful goodies are made: Think chocolate or booze!

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GIVING GUIDELINES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise! You get a $600 iPad and a terrible sinking feeling in your stomach because you only bought a $50 sweater. Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season? A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars. While you're making dinner or out for a walk, ask your partner what they'd like for Christmas. Then talk about what both of your holiday budget limitations are. For example, you may have set aside $500 and have to buy gifts for 10 people while your honey may have $1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it! Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours? If you're not cool with the budget disparity, pitch the idea of setting a limit like $100 per person.

If you can't agree on a dollar value, consider putting money toward a joint gift like a weekend trip to the mountains. Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts. Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays or playing shinny hockey with neighbours.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

What's in your best interest?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Are you challenged? According to the November study of Canada's 5.8 million residential mortgages by the Canadian Association of Accredited Mortgage Professionals, (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination.

This is heartening news, but is it the best strategy? Probably yes if a mortgage is your only debt, but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments. But let's also suppose you have credit card and credit line debt of $25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by $77 a month.

A hike of 2% increases it by $158 monthly.

If your non-mortgage debt payments are $500 it will take you 300 months or 25 years to retire the debt and you'll spend over $17,000 on interest along the way. Ouch!

However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to $750 the debt vanishes in 40 months and interest costs decrease to $4,400.

At that point you can turn the entire consumer debt payment of $750 to your mortgage and it will begin to disappear very quickly. Now that's real protection from interest rate increases! Don't forget that personal and home equity lines of credit are just as vulnerable as mortgages to interest rate hikes.

ISTOCK

▶ Alison's money rule: Before increasing mortgage payments tackle higher interest debt first.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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4 kid geniuses

All parents believe their child is gifted ◗ Some of them are right ◗ These kids do a little more than play

1 Art: Pint-sized Picasso

Aelita Andre, 4

What she's done: An abstract artist, she began painting when she was 11 months old, before she could even walk. Last summer was her first solo exhibition in New York. Her paintings are worth up to $24,000. "I paint music and the cosmos," she says. Meanwhile, the cash will be saved for university

2 Math: The human calculator

Mikhail Ali, 9

What he's done: When Mikhail was three years old he became the youngest member of Mensa, an elite organization open to people with an IQ in the top two per cent of the population. He has an IQ of approximately 150. By the time he was two he could add up to 100, read and write.

3 Cosmetics: The new Estée Lauder

Leanna Archer, 16

What she's done: Teen CEO of Leanna's Inc, she started her own business when she was just nine years old selling natural haircare products based on her Haitian grandmother's recipes. Her most popular product is a $25 pomade made from avocado oil, hibiscus oil, almond oil and quinine.

4 Sports: The pro racer and do-gooder

Zach Veach, 16

What he's done: The racing prodigy, who drives in the U.S. F2000 National Championship, has written an advice book — 99 Things Teens Wish They Knew Before Turning 16 — focusing on things like bullying and how to get a girlfriend. MWN

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PICKING OUT THE PROPER LAWYER FOR YOUR CASE

When shopping around for the right representative, remember there is no such thing as a 'free' consultation

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"Lawyers are the only persons in whom ignorance of the law is not punished."
- Jeremy Bentham (1748 - 1832)

ISTOCK

▶ If a lawyer's resumé lists numerous areas of practice, it might be best to look elsewhere.

How do you win in court? It starts with selecting the proper lawyer. But with countless factors to consider, finding the ideal lawyer to navigate your case can be an overwhelming task. Here are three cautionary tales that I've gleaned from the workplace law trenches.

Advertising

A lawyer's search engine rankings have nothing do with his or her legal skill. Rather, Internet-based advertising allows lawyers to pay for and then snatch up high rankings on Google that are not indicative of the quality of the lawyer or her firm. Similarly, there are no rules limiting lawyers without much experience in employment law from professing that they practise it, on their websites and in the media, and they often do. For instance, Toronto's Yellow Pages has ads for 42 lawyers who allegedly practise 'wrongful dismissal'. However, many of those same lawyers appeared when I searched for 'personal injury lawyers', which wasn't surprising at all. The reality is that there are few exclusively practicing employment lawyers. Most just dabble in the area, despite advertising otherwise. If you need a workplace lawyer, inquire what percentage of the lawyer's time is spent solely on workplace law matters — and don't pay for his or her education.

Free consultations

Some lawyers advertise 'free' consultations. These can be a sham. A free consultation is usually nothing more than a bait and switch tactic, designed to get you in the door and then convince you to spend money for any substantive work performed afterward. In law, like in life, you will often get exactly what you pay for. If you need good advice, it will not come for free.

Oral agreements

The biggest problem that most people face with lawyers is their billing practices. This is because the regulatory bodies that oversee lawyers have few restrictions governing how they charge for their work. As a result, lawyers are often left to their own devices, charging clients based on any combination of their time spent or the result obtained, whichever will suit their purposes better. In effect, these lawyers will have it both ways. If asked, a lawyer should predict to the best of his or her ability the potential costs of your case. Then confirm that arrangement in writing.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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FIGHT COLD AND FLU SEASON

FLU WATCH

About 10 to 25 per cent of Canadians get the flu each season, while the average Canadian deals with three to four colds every year.

Immunization is the best protection against the flu, and the best time to be immunized in Canada is right now, says Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service, B.C. Centre for Disease Control, Vancouver. Pretty well everyone is encouraged to get a flu shot including pregnant women and children under two. Speak to your doctor for more information.

To keep track of the spread of flu and flu-like illnesses, bookmark Public Health Agency of Canada's Flu Watch phac-aspc.gc.ca/fluwatch/. So far, only sporadic influenza activity has been reported. But there has been an increase in detections of cold viruses.

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an RN and infection control specialist. "So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

– Ylva Van Buuren

GET WELL SOON

TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caffeinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

– Jane Doucet

ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

– Ylva Van Buuren

Febreze

breathe happy holidays

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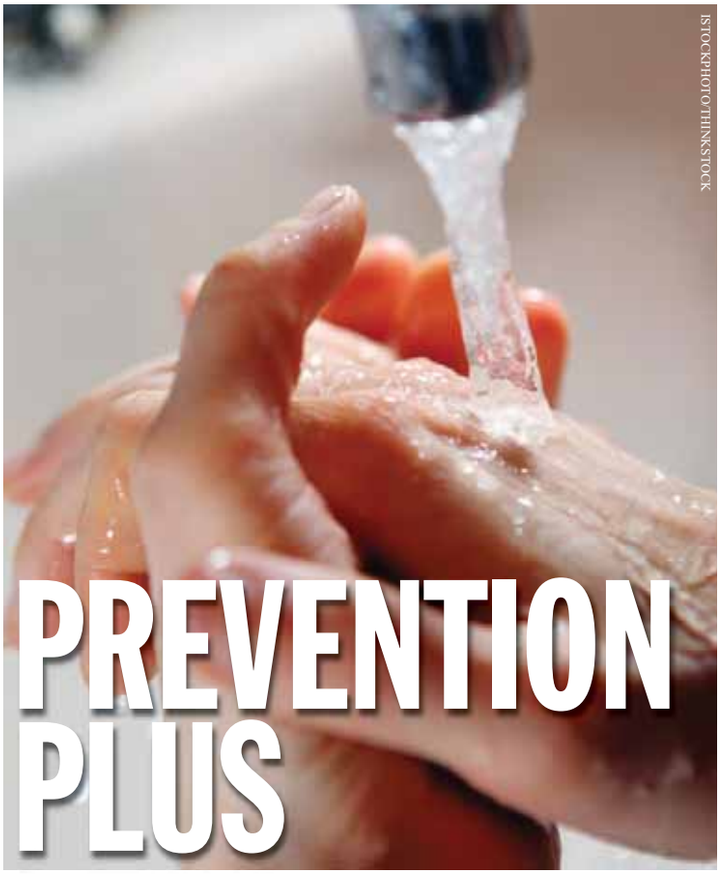


ISTOCKPHOTO/THINKSTOCK

PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY "This is the best way to stop the spread of those germs," says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. "Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up," says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. "So be careful not to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that," says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. "It helps boost the immune system in an effective way and you can take it in tablet or drop form." (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

– Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. "Even if you still get a cold, having a strong immune system will help you fight it faster."

Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lesson symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, herring, mackerel and sardines.

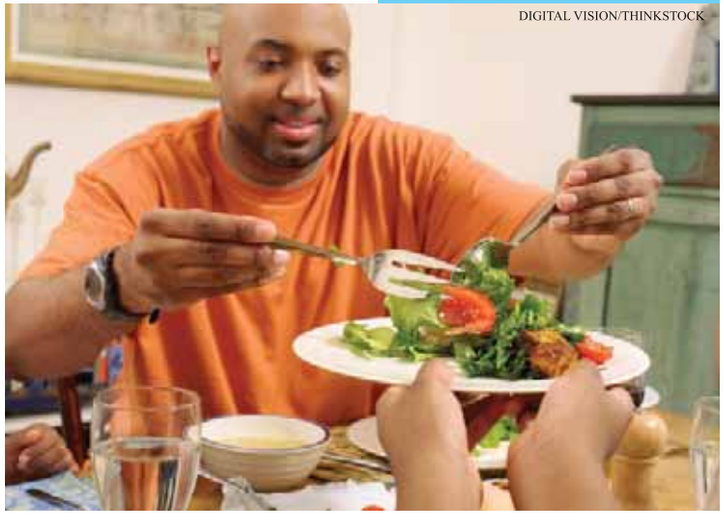
– Ylva Van Buuren

FEED A COLD, STARVE A FEVER?

Don't do it, according the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences. What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

DRINK UP

"Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat," says Schiener. "The more lubricated your body, the easier it is for us to fight off infection and keep germs out." Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.



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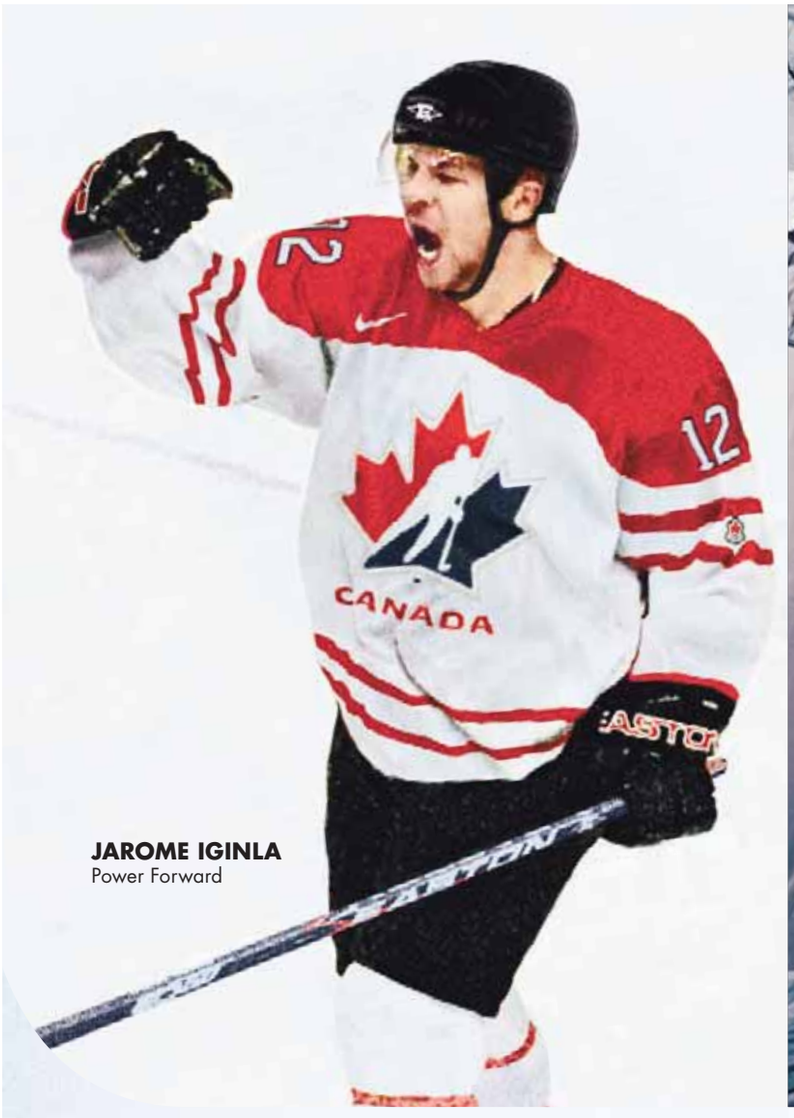

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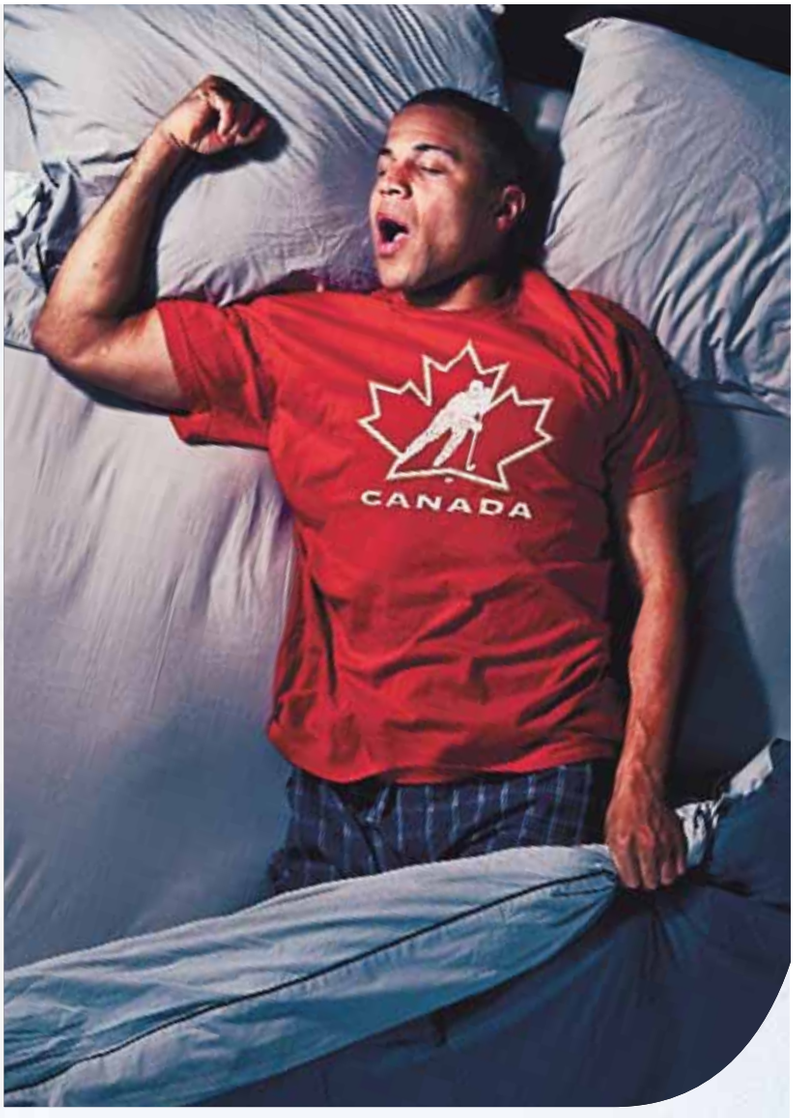

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'Nuclear winter' for NBA?

Commissioner says season is in jeopardy after players reject offer, start to disband union

SETH WENIG/THE ASSOCIATED PRESS

▶ NBA Players Association president Derek Fisher, surrounded by NBA players, speaks during a news conference after meeting with the players' union yesterday.

NBA players delivered a resounding but risky response to one more ultimatum from NBA commissioner David Stern: See you in court.

The players' association rejected the league's latest proposal for a new labour deal yesterday and began disbanding, paving the way for a lawsuit that throws the season in jeopardy.

Negotiating went nowhere, so now the union is going away.

And Stern said "nuclear winter" is coming.

"We're prepared to file this antitrust action against the NBA," union executive director Billy Hunter said. "That's the best situation where players can get their due process."

And that's a tragedy as far as Stern is concerned.

"It looks like the 2011-12 season is really in jeopardy," Stern said in an interview aired on ESPN. "It's just a big charade. To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something. That's not happening."

Hunter said players were not prepared to agree to Stern's ultimatum to accept the current proposal or face a worse one, saying they thought it was "extremely unfair." And they're aware what this battle might cost them.

"We understand the consequences of potentially missing the season; we understand the consequences that players could potentially face if things don't go our way, but it's a risk worth taking," union vice-president Maurice Evans said. "It's the right move to do."

But it's risky.

Hunter said all players will be represented in a class-action suit against the NBA by lawyers Jeffrey Kessler and David Boies — who were on opposite sides of the NFL labour dispute, Kessler working for the players, Boies for the league.

"Mr. Kessler got his way, and we're about to go into the nuclear winter of the NBA," Stern told ESPN. "If I were a player ... I would be wondering what it is that Billy Hunter just did."

'Broken down'

Union executive director Billy Hunter said the bargaining process had "completely broken down."

▶ Players made numerous economic concessions and were willing to meet the owners' demands of a 50-50 split of basketball-related income, but only if the owners met them on their system wishes.

The league already has filed a pre-emptive lawsuit seeking to prove the lockout is legal and contends that without a union that collectively bargained them, the players' guaranteed contracts could legally be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league's labour mess. Gardephe has yet to issue a ruling.

Two years of bargaining couldn't produce a deal, with owners' desires for more competitive balance clashing with players' wishes to keep the salary cap system largely intact.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it's the best the NBA could offer and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve the union, giving them a chance to win several billion dollars in triple damages in an antitrust lawsuit.

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Greatness from unlikely places

New Hall of Fame class overcame odds on way to glory

There is no one certain path to the pinnacle of a sport.

As Joe Nieuwendyk, Ed Belfour, Doug Gilmour and Mark Howe took their place in the Hockey Hall of Fame yesterday, they reflected on careers that looked nothing alike but ended with them standing together on the sport's grandest stage.

"I think the common bond with a lot of these faces that I see on the walls ... is a real genuine passion and a love for the game and high competitive spirit in all of us," said Nieuwendyk.

Nieuwendyk attended Cornell at a time when the NCAA route was far less travelled and went on to win Stanley Cups with three different teams.

Belfour was considered eccentric, but managed to compile the third most victories in NHL history despite never being drafted.

FRANK GUNN/THE CANADIAN PRESS

▶ Doug Gilmour shows off his Hockey Hall of Fame ring in Toronto yesterday.

Gilmour was selected in the seventh round in 1982 and wound up playing almost 1,500 career games with a heart-and-soul style that belied his modest size.

Howe grew up in the shadow of his legendary father Gordie and began his pro career as a winger before later becoming one of the NHL's best defenceman.

As a kid, Gilmour would make a trip to the Hockey Hall of Fame each summer. He never imagined that he'd one day have his own plaque alongside all of the game's greats.

"I'm five-10 and maybe a (155 pounds) at the time," said Gilmour. "(Blues coach) Jacques Demers said, 'Can you check?' I said, 'OK.' Because all I wanted to do was stay there.

"To say at that very point where I'd be today? No, I would have never expected that." THE CANADIAN PRESS

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	17	10	4	2	1	67	51	23	4-3-1-1	6-1-1-0	6-2-1-1	W2
d-Buffalo	17	11	6	0	0	52	42	22	5-4-0-0	6-2-0-0	6-4-0-0	W1
d-Washington	15	10	4	0	1	55	42	21	6-1-0-1	4-3-0-0	5-4-0-1	L1
Pittsburgh	17	10	4	1	2	51	40	23	5-1-1-0	5-3-0-2	7-2-0-1	L1
NY Rangers	15	9	3	1	2	43	31	21	5-1-0-1	4-2-1-1	7-2-0-1	W6
Toronto	17	10	6	1	0	51	58	21	5-3-1-0	5-3-0-0	5-5-0-0	L1
Florida	16	8	5	0	3	46	42	19	2-2-0-3	6-3-0-0	5-2-0-3	L1
Tampa Bay	16	8	6	0	2	46	50	18	5-1-0-0	3-5-0-2	7-3-0-0	L1
New Jersey	15	8	6	0	1	37	41	17	4-3-0-1	4-3-0-0	5-5-0-0	W1
Montreal	17	7	7	1	2	42	45	17	2-4-1-2	5-3-0-0	6-2-1-1	L1
Ottawa	18	8	9	0	1	53	65	17	5-4-0-1	3-5-0-0	5-4-0-1	W1
Boston	15	8	7	0	0	52	35	16	6-5-0-0	2-2-0-0	6-4-0-0	W5
Carolina	18	6	9	2	1	46	63	15	4-4-0-1	2-5-2-0	3-6-0-1	L1
Winnipeg	17	5	9	2	1	43	58	13	2-3-0-0	3-6-2-1	3-5-2-0	L5
NY Islanders	14	4	7	2	1	29	43	11	4-3-1-0	0-4-1-1	1-6-2-1	L3

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	18	11	4	1	2	62	52	25	7-1-0-2	4-3-1-0	6-3-1-0	W3
d-Dallas	16	11	5	0	0	48	41	22	6-1-0-0	5-4-0-0	6-4-0-0	L2
d-Minnesota	17	9	5	2	1	39	36	21	5-2-1-0	4-3-1-1	7-2-1-0	W1
Edmonton	17	9	6	0	2	39	38	20	5-1-0-1	4-5-0-1	6-4-0-0	L3
San Jose	15	9	5	1	0	44	39	19	4-3-1-0	5-2-0-0	7-2-1-0	L1
Detroit	15	9	5	1	0	42	33	19	7-2-1-0	2-3-0-0	4-5-1-0	W4
Phoenix	15	8	4	1	2	43	39	19	4-3-1-1	4-1-0-1	6-2-1-1	W1
Nashville	16	8	5	2	1	43	42	19	2-2-1-1	6-3-1-0	6-2-2-0	L1
Los Angeles	17	8	6	1	2	41	40	19	5-4-0-1	3-2-1-1	3-5-1-1	W1
Vancouver	18	9	8	0	1	55	51	19	4-2-0-1	5-6-0-0	5-5-0-0	W1
St. Louis	16	8	7	0	1	40	38	17	5-1-0-1	3-6-0-0	6-3-0-1	W1
Colorado	17	8	8	1	0	49	54	17	2-6-0-0	6-2-1-0	3-6-1-0	L1
Calgary	16	7	8	1	0	35	42	15	3-4-1-0	4-4-0-0	5-5-0-0	W1
Anaheim	17	6	8	1	2	35	51	15	4-4-0-0	2-4-1-2	2-5-1-2	L1
Columbus	16	3	12	0	1	36	60	7	3-5-0-1	0-7-0-0	3-7-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Buffalo 3 Montreal 2 (SO)
Philadelphia 5 Carolina 3
Tampa Bay at Winnipeg
Sunday's results
Vancouver 4 N.Y. Islanders 1
Chicago 6 Edmonton 3
Minnesota 3 Anaheim 2
Philadelphia 3 Florida 2
Saturday's results
Calgary 4 Colorado 3
Columbus 2 Winnipeg 1
Montreal 2 Nashville 1 (OT)
Ottawa 5 Toronto 2
Boston 6 Buffalo 2
Carolina 5 Pittsburgh 3
Detroit 5 Dallas 2
Los Angeles 5 Minnesota 2
New Jersey 3 Washington 2 (SO)
Phoenix 3 San Jose 0
St. Louis 3 Tampa Bay 0
Tonight's games
All Times Eastern
New Jersey at Boston, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Phoenix at Toronto, 7 p.m.
Minnesota at Columbus, 7 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Detroit at St. Louis, 8 p.m.
Washington at Nashville, 8 p.m.
Florida at Dallas, 8:30 p.m.
Ottawa at Calgary, 9 p.m.
Tomorrow's games
Carolina at Montreal, 7 p.m.
New Jersey at Buffalo, 7:30 p.m.
Chicago at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

SABRES 3, CANADIENS 2 (SO)

First Period
No Scoring.
Penalties — Leopold Buf (slashing) 2:38, Plekanec Mtl (tripping) 4:02.
Second Period
1. Montreal, Cole 4 (Subban, Pacioretty) 3:58 (pp)
2. Montreal, Pacioretty 8 (Desharnais, Cole) 14:17
Penalties — Gaustad Buf (roughing) 2:43, Gerbe Buf, Desharnais Mtl (roughing) 7:00, Gorges Mtl (interference) 7:20, Palushaj Mtl (tripping) 11:03, Gaustad Buf (slashing) 17:58.
Third Period
3. Buffalo, Pominville 7 (Roy) 0:53
4. Buffalo, Roy 6 (Vanek) 12:30
Penalties — Adam Buf (slashing) 9:09, Gaustad Buf (cross-checking) 14:02.
Overtime
No Scoring.
Penalties — Cole Mtl (goaltender interference) 0:19, Vanek Buf (tripping) 2:49.
Shootout
Buffalo wins 2-1
Montreal — Plekanec, miss; Pacioretty, goal; Gionta, miss; Buffalo (2) — Vanek, goal; Boyes, goal.
Shots

Buffalo	6	13	10	3—32
Montreal	10	9	4	3 —26

Goal — Buffalo: Enroth (W,5-0-0); Montreal: Price (SOL,6-6-3). **Power plays (goals-chances)** — Buffalo: 0-4; Montreal: 1-6.
Referees — Tim Peel, Brian Pochmara.
Linesmen — Pierre Champoux, Derek Nansen.
Att. — 21,273 (21,273) at Montreal.

LATE SUNDAY

CANUCKS 4, ISLANDERS 1

First Period
1. Vancouver, Rome 3 (Booth, Hodgson) 1:57
Penalty — Eaton NYI (holding) 17:56.
Second Period
2. Vancouver, H.Sedin 6 (Bieksa) 0:34
3. N.Y. Islanders, Moulson 4 (Grabner, Tavares) 15:09
Penalty — Martin NYI (tripping) 11:42.
Third Period
4. Vancouver, Hodgson 4 (Rome, Higgins) 2:47 (pp)
5. Vancouver, Booth 2 (Rome, Lapierre) 16:59 (en)
Penalty — Streit NYI (delay of game) 1:07.
Shots

N.Y. Islanders	8	4	12	24
Vancouver	14	13	9	36

Goal — N.Y. Islanders: Nabokov (L,1-4-0); Vancouver: Luongo (W,7-5-1).
Power plays (goals-chances) — N.Y. Islanders: 0-0; Vancouver: 1-3.
Referees — Tom Kowal, Dennis LaRue. **Linesmen** — Lonnie Cameron, Brad Lazarowich.
Attendance — 18,890 (18,890) at Vancouver.

SCORING LEADERS

	G	A	PT
Kessel, Tor	12	12	24
D.Sedin, Vcr	6	16	22
Kopitar, LA	8	13	21
Seguin, Bos	11	9	20
Vanek, Buf	11	9	20
Pominville, Buf	6	14	20
H.Sedin, Vcr	6	14	20
Backstrom, Wash	5	15	20
Giroux, Pha	9	10	19
Lupul, Tor	9	10	19
P.Kane, Chi	6	13	19
Benn, Dal	5	14	19

Not including last night's games

SOCCER

MLS PLAYOFFS

MLS CUP

Sunday, Nov. 20
At Carson, Calif.
All times Eastern
Houston vs. Los Angeles, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results
EAST
Bye: Winnipeg
Hamilton 52 Montreal 44 (OT)
WEST
Bye: B.C.
Edmonton 33 Calgary 19

DIVISION FINALS

Sunday, Nov. 20
EAST
Hamilton at Winnipeg, 1 p.m.
WEST
Edmonton at B.C., 4:30 p.m.

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
East vs. West champion, 6:30 p.m.

NFL

WEEK 10

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	259	200
N.Y. Jets	5	4	0	.556	215	200
Buffalo	5	4	0	.556	229	218
Miami	2	7	0	.222	158	178

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	3	0	.700	273	166
Tennessee	5	4	0	.556	186	172
Jacksonville	3	6	0	.333	115	166
Indianapolis	0	10	0	.000	131	300

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	7	3	0	.700	220	179
Baltimore	6	3	0	.667	225	152
Cincinnati	6	3	0	.667	212	164
Cleveland	3	6	0	.333	131	183

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	208	233
San Diego	4	5	0	.444	216	228
Denver	4	5	0	.444	188	234
Kansas City	4	5	0	.444	141	218

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	218	211
Dallas	5	4	0	.556	223	182
Philadelphia	3	6	0	.333	220	203
Washington	3	6	0	.333	136	178

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	5	4	0	.556	212	196
Tampa Bay	4	5	0	.444	156	233
Carolina	2	7	0	.222	190	237

NORTH

	W	L	T	Pct	PF	PA
Green Bay	8	0	0	1.000	275	179
Detroit	6	3	0	.667	252	184
Chicago	6	3	0	.667	237	187
Minnesota	2	6	0	.250	172	199

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	1	0	.889	233	138
Seattle	3	6	0	.333	144	202
Arizona	3	6	0	.333	183	213
St. Louis	2	7	0	.222	113	223

Last night's result
Minnesota at Green Bay
Sunday's results
Dallas 44 Buffalo 7
Denver 17 Kansas City 10
Miami 20 Washington 9
St. Louis 13 Cleveland 12
Arizona 21 Philadelphia 17
Tennessee 30 Carolina 3
Pittsburgh 24 Cincinnati 17
Houston 37 Tampa Bay 9
New Orleans 26 Atlanta 23 (OT)
Jacksonville 17 Indianapolis 3
Seattle 22 Baltimore 17
San Francisco 27 N.Y. Giants 20
Chicago 37 Detroit 13
New England 37 N.Y. Jets 16
Thursday's result
Oakland 24 San Diego 17

HOCKEY

AHL

Sunday's results
Hamilton 5 Binghamton 2
St. John's 4 Connecticut 3
Toronto 4 Albany 3 (OT)
Houston 5 Charlotte 2
Bridgeport 4 Hershey 2
Milwaukee 3 Oklahoma City 2
Providence 3 Worcester 2
San Antonio 3 Texas 2
Tonight's games
All Times Eastern
Abbotsford at San Antonio, 11:30 a.m.
Adirondack at Portland, 6:30 p.m.
Binghamton at Wilkes-Barre/Scranton, 7:05 p.m.
Peoria at Hamilton, 7:30 p.m.

CHL/RUSSIA SUPER SERIES

Last night's result
At Sault Ste. Marie, Ont.
OHL 6 Russia 3
Tomorrow's game
At Regina
All Times Eastern
Russia vs. WHL, 8 p.m.

WOMEN'S FOUR NATIONS

At Nykping, Sweden
Sunday's results
BRONZE MEDAL
Sweden 2 Finland 1
GOLD MEDAL
U.S. 4 **Canada 3** (SO)
Saturday's results
SEMIFINALS
Canada 3 Sweden 1
U.S. 10 Finland 0

FOOTBALL

CIS PLAYOFFS

(seedings in parentheses)
Saturday's results

ATLANTIC CONFERENCE

LONEY BOWL
Acadia (1) 39 Saint Mary's (2) 20

QUEBEC CONFERENCE

DUNSMORE CUP
Laval (1) 30 Montreal (3) 7

ONTARIO CONFERENCE

YATES CUP
McMaster (2) 41 Western Ontario (1) 19
Friday's result

CANADA WEST CONFERENCE

HARDY CUP
Calgary (1) 62 British Columbia (2) 13
Friday, Nov. 18

UTECK BOWL

At Moncton, N.B.
McMaster vs. Acadia, 6:30 p.m.

MITCHELL BOWL

Laval at Calgary, 9:30 p.m.
Friday, Nov. 25

VANIER CUP

At Vancouver
Uteck vs. Mitchell Bowl winners, 9 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS—Named Edwin Rodriguez manager of Carolina (SL).
LOS ANGELES ANGELS—Named Hal Morris director of pro scouting.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Sold RHP Kam Mickolio to Hiroshima Toyo (Nippon Professional Baseball League).
CHICAGO CUBS—Named Shiraz Rehman assistant to the general manager.
PHILADELPHIA PHILLIES—Agreed to terms with RHP Jonathan Papelbon on a four-year contract.
ST. LOUIS CARDINALS—Named Mike Matheny manager.

NFL

JACKSONVILLE JAGUARS—Placed CB Rashean Mathis, G Eben Britton and LB Kyle Bosworth on injured reserve. Signed TE Fendi Onobun off Washington's practice squad. Signed TE Colin Cloherty to the practice squad. Waived TE Schuylar Oordt from the practice squad.

HOCKEY

NHL

ANAHEIM DUCKS—Claimed LW Niklas Hagman off waivers from Calgary. Assigned C Peter Holland to Syracuse (AHL).
LOS ANGELES KINGS—Placed F Dustin Penner on injured reserve. Recalled F Andrei Loktionov from Manchester (AHL).
MONTREAL CANADIENS—Recalled F Andreas Engqvist from hamilton (AHL).
NEW YORK ISLANDERS—Recalled F Nino Niederreiter from Bridgeport (AHL).

AHL

PEORIA RIVERMEN—Announced D David Shields was assigned to the team from Alaska (ECHL).
SAN ANTONIO RAMPAGE—Signed LW Jeff LoVecchio.
SPRINGFIELD FALCONS—Signed F Tim Spencer.

LACROSSE

MINNESOTA SWARM—Signed T Greg Downing and D Tyler Collins to two-year contracts.

SOCCER

COLUMBUS CREW—Signed MF Eddie Gaven to a multiyear contract extension.

U.S. COLLEGE

MIAMI—Announced S Ray-Ray Armstrong has been reinstated to the football team.

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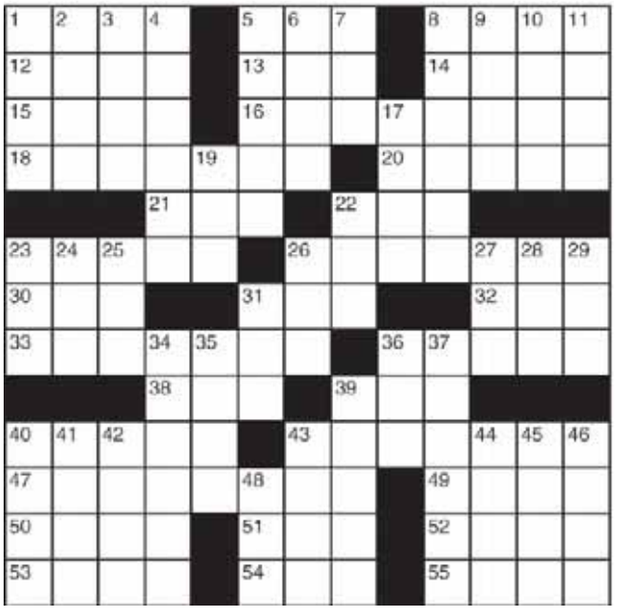

Across

1 Dispatch a dragon
5 Pharm. watchdog org.
8 Spades or hearts
12 Former larva
13 Writer Fleming
14 Leading man?
15 CEO, e.g.
16 Poisonous metallic element
18 "— Overcome"
20 In a proper way
21 Attempt
22 Eggs
23 Intersection
26 Green onion
30 Tavern
31 Jewel
32 Rage
33 Not deep
36 Moisten poultry
38 Ump's call
39 Scoundrel
40 Butter substitutes
43 Braided bread
47 Thurgood of the Supreme Court
49 Tittle
50 Rim
51 Dove's call
52 Siblings' biz abbr.
53 Night light?
54 Optical organ
55 Ninth mo.

Down

1 Jet forth
2 Sumptuousness
3 Tarzan's pals
4 America's Cup contenders
5 In a proper way
6 Willy Wonka's creator
7 Literary collection
8 Female friend
9 Mine entrance
10 Manhandle
11 TV trophy
17 Volcanic outflow
19 They're between kues and esses
22 Resistance unit
23 Letterman's network
24 "Go team!"
25 Man-mouse link
26 Stitch
27 Fleur-de- —
28 Table scrap
29 Shirt shape
31 Understood
34 Untie
35 Thriving
36 Sheep's call
37 Extemporizes
39 Actress Sevigny
40 Portent
41 Stow cargo
42 As a result
43 Satiate
44 Traditional tales
45 On
46 Own, Biblically
48 Expert

▶ Yesterday's answer

Sudoku

1				8				5
	9				1	3	7	
	8		9	5				
	1					9		
6		7				5		2
		2					4	
				7	3		2	
	2	8	4				6	
3				6				1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	7	6	9	3	8	2	5
5	8	6	2	4	1	9	3	7
3	2	9	7	5	8	4	6	1
1	9	5	4	3	2	6	7	8
8	6	3	5	7	9	2	1	4
2	7	4	8	1	6	3	5	9
7	3	1	9	6	4	5	8	2
6	4	8	1	2	5	7	9	3
9	5	2	3	8	7	1	4	6

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FROM PIE

Forever Prince Charming My sweet Darling, I miss everything about you! I feel happier and stronger when I see yr bright smile... Xmas party is around the corner, wish you'll be there! I can't wait to be with you... Just a kiss will make my dream come true...
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13°/1°
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Wednesday
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will find it harder than usual to tell fact from fiction today, especially where relationships and other one-to-one contacts are concerned.

♉ Taurus April 21-May 21 Attitude is everything, especially on the work front.

♊ Gemini May 22-June 21 You would be wise not to make any big decisions or announcements today.

♋ Cancer June 22-July 22 You are in danger of making something appear bigger and more menacing than it really is.

♌ Leo July 23-Aug.23 Don't be too eager to make up your mind about something, because you do not have all the facts.

♍ Virgo Aug. 24- Sept. 22 You can usually be counted on to put logic before emotion, but today you will go right the other way and act on feelings alone.

♎ Libra Sept. 23-Oct. 23 Different people seem to be telling you conflicting things and you're at a loss to know who to trust. Trust no one.

♏ Scorpio Oct. 24-Nov. 22 You are reading too much into a situation that is really quite simple.

♐ Sagittarius Nov. 23-Dec. 21 If knowledge is power then it stands to reason that the more knowledge you keep to yourself the more powerful you will be.

♑ Capricorn Dec. 22-Jan. 20 Someone is saying nasty things about you.

♒ Aquarius Jan. 21-Feb. 18 You could easily convince yourself to believe that you can do or say anything without repercussion, but that is a very dangerous attitude to take.

♓ Pisces Feb. 19-March 20. You may think that supporting a certain cause makes the world a better place, but is that really true?

SALLY BROMPTON

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